m.a.n

MALE Athletic NUDIST

VOLUME ONE, NUMBER FOUR

$3.00

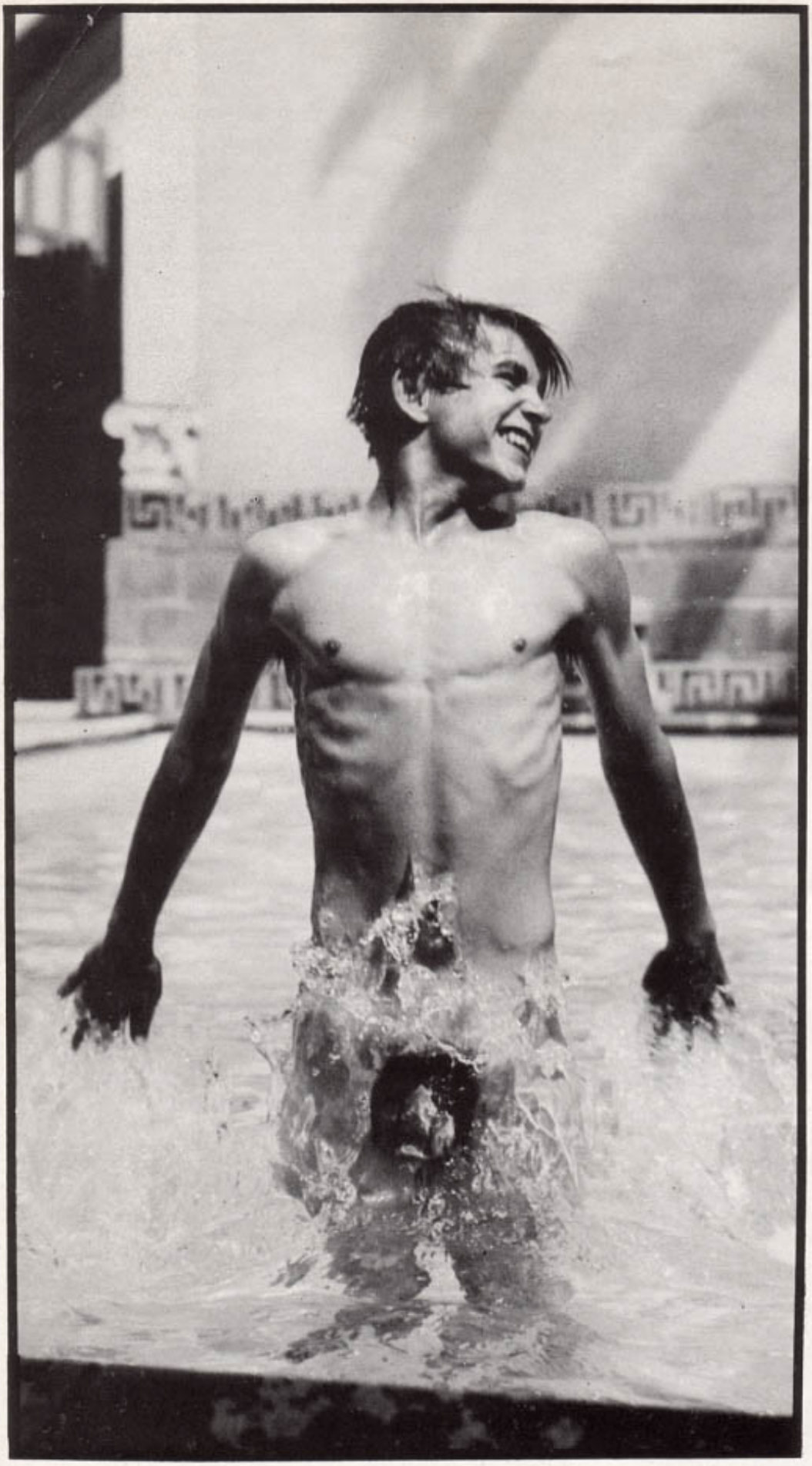
ADULTS ONLY

NUDIST TOGETHERNESS

THE GREEK WAY

TAKE THE "NEW" OUT OF NUDISM

A WYNGATE BEVINS, INC. PUBLICATION



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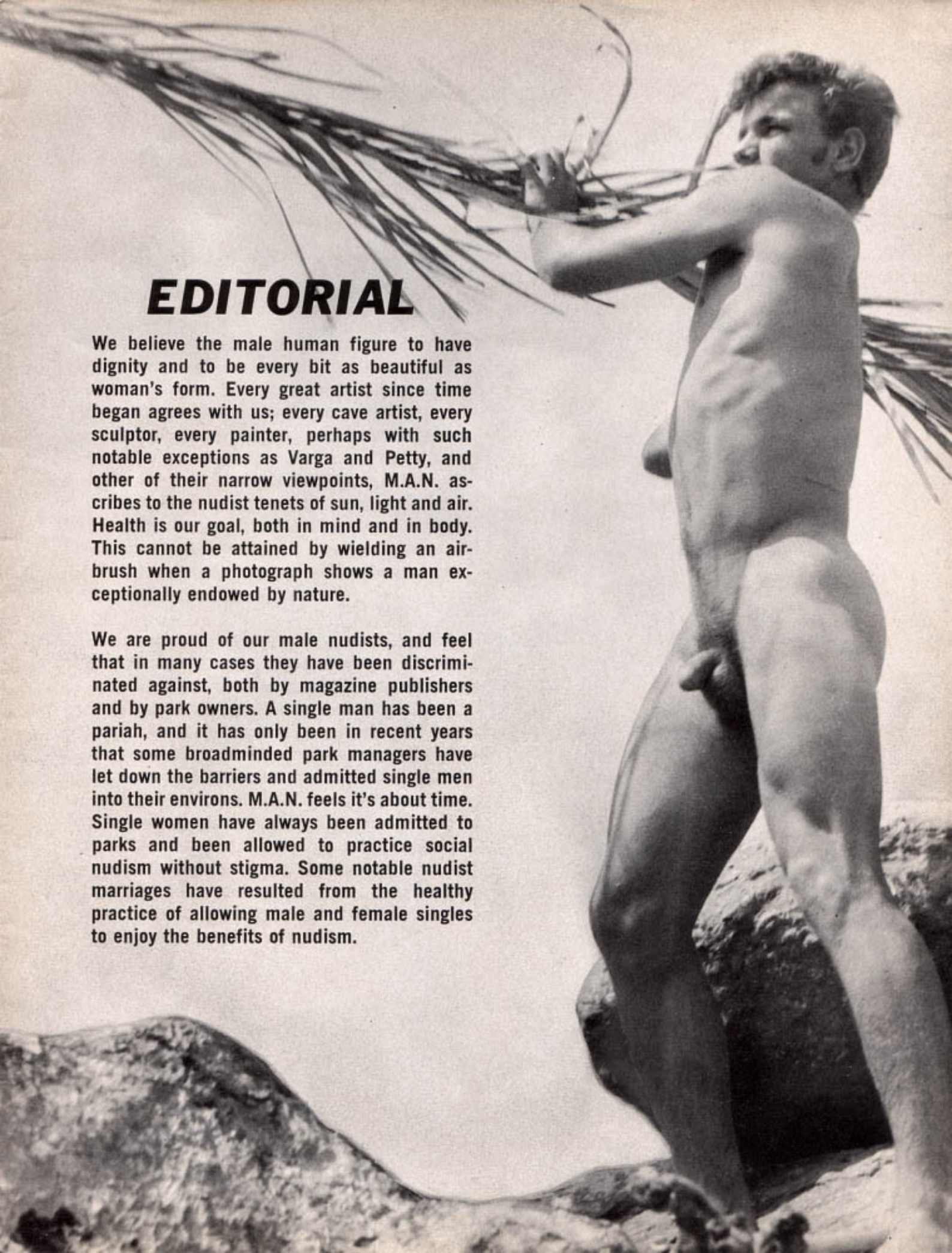
MALE Athletic NUDIST M.A.N.



EDITORIAL

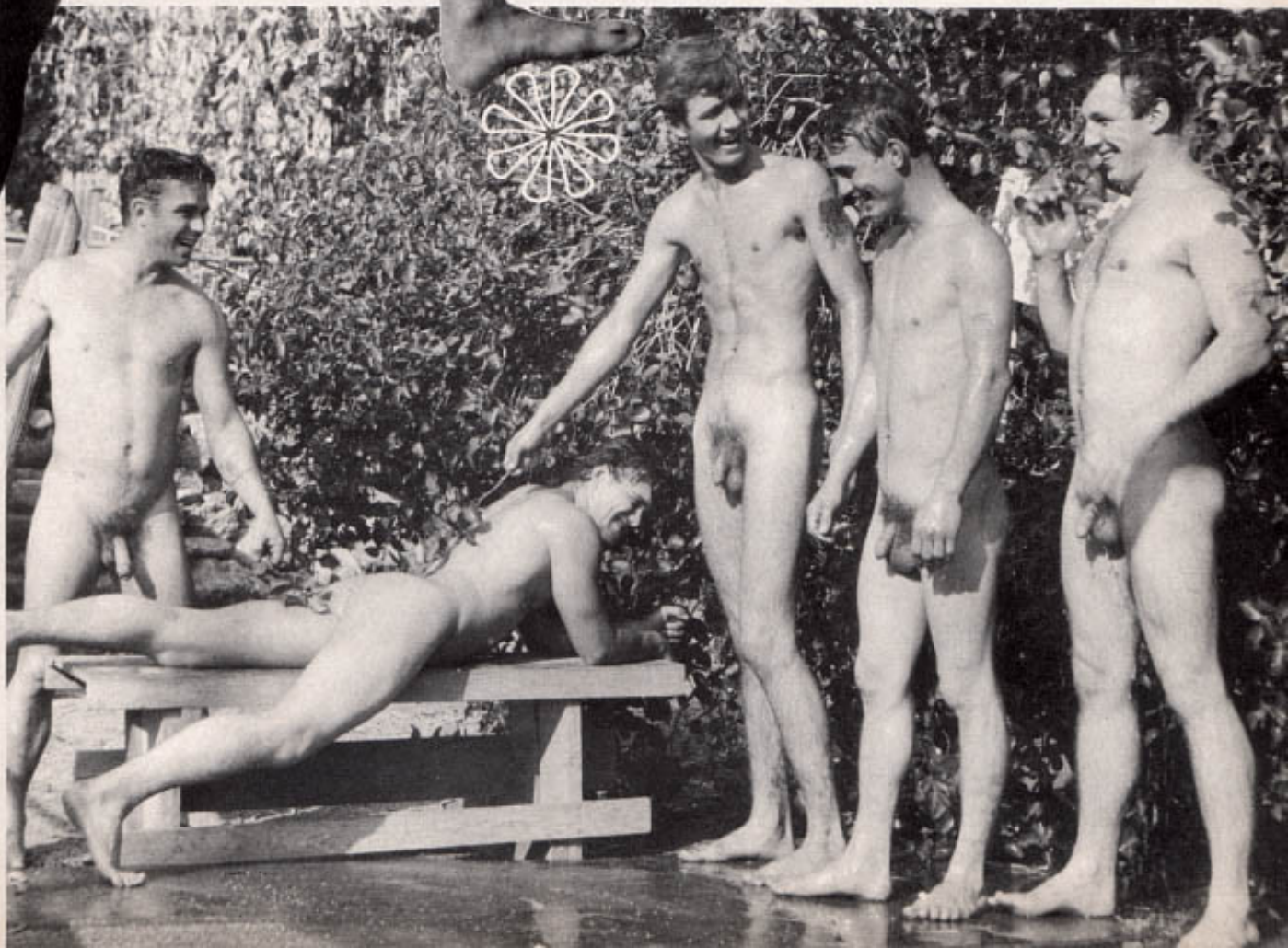
We believe the male human figure to have dignity and to be every bit as beautiful as woman's form. Every great artist since time began agrees with us; every cave artist, every sculptor, every painter, perhaps with such notable exceptions as Varga and Petty, and other of their narrow viewpoints, M.A.N. ascribes to the nudist tenets of sun, light and air. Health is our goal, both in mind and in body. This cannot be attained by wielding an airbrush when a photograph shows a man exceptionally endowed by nature.

We are proud of our male nudists, and feel that in many cases they have been discriminated against, both by magazine publishers and by park owners. A single man has been a pariah, and it has only been in recent years that some broadminded park managers have let down the barriers and admitted single men into their environs. M.A.N. feels it's about time. Single women have always been admitted to parks and been allowed to practice social nudism without stigma. Some notable nudist marriages have resulted from the healthy practice of allowing male and female singles to enjoy the benefits of nudism.

nudist togetherness

The simple, natural, beautiful things of the world are shared by the natural people in the world: nudists!

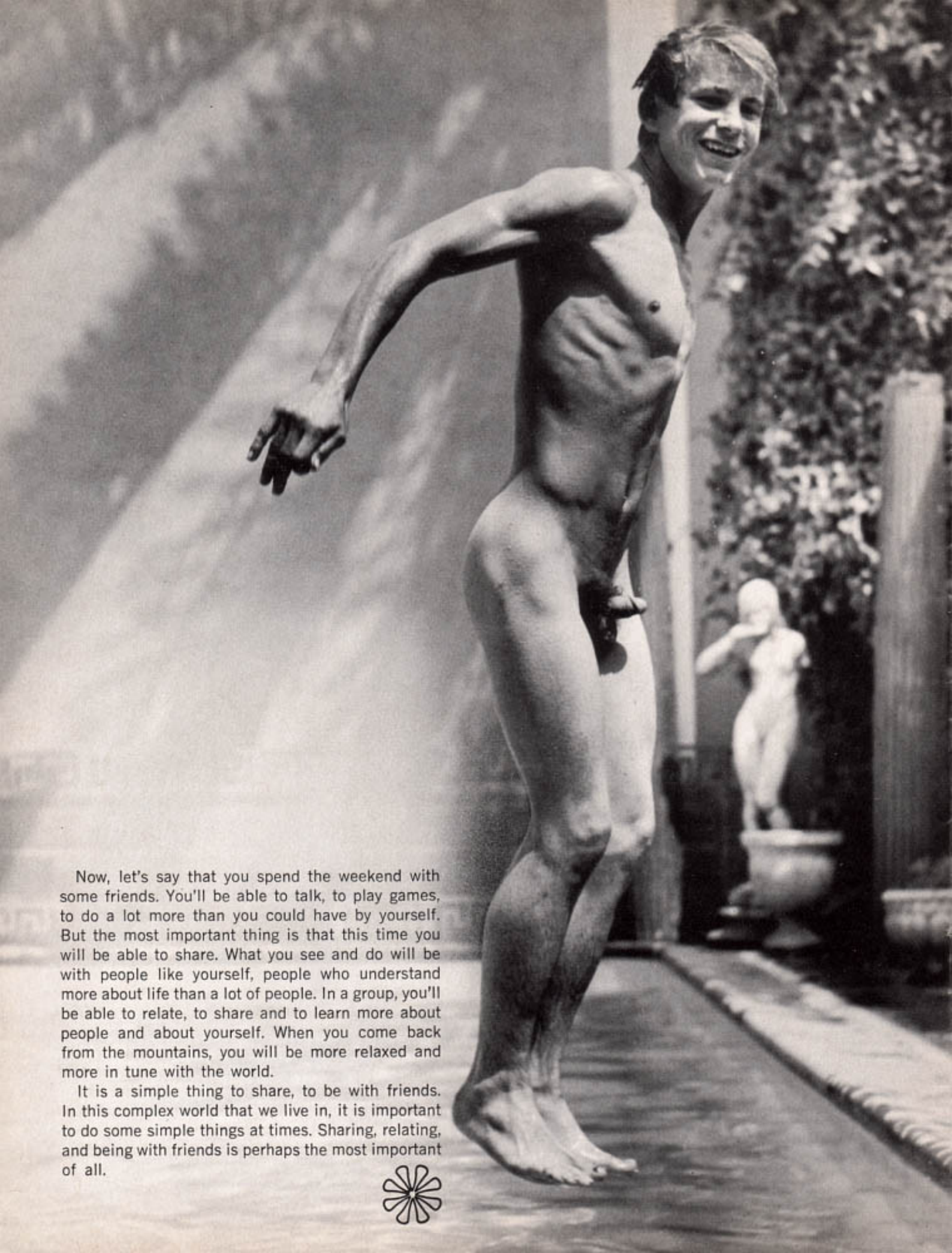
Over two thousand years ago, a student asked Plato to define "Man." That great philosopher summed his idea up in one sentence: "Man," stated Plato, "is a social animal." Man is indeed a social animal, but man is also a selective thinker. We like to be around people like ourselves. Fishermen get together and swap stories, sports car buffs like to talk about races and photographers will sit around and compare photographs. Nudists are like anyone else, they will talk for hours about different camps and the fun of being outside in the clean air and sun.



Nudists are very social and sociable people. The way that nudist camps and discussion groups have increased over the years is more than ample evidence of the fact. Nudists enjoy doing things together because nudists, perhaps a little more than most, know what a wonderful thing it is to share.

John Donne wrote the line: "No man is an island unto himself." We live in a world filled with people, people with whom we come in contact every day. It is impossible for a man to be separate from the rest of the world. An important part of life is being able to share, and here we again find that nudists are people who share. Nudists share the simple, natural things of the world, the glory of a sunset seen from a hilltop, the joy that comes from playing a game or volleyball with friends and just the good feeling that comes with being natural.

These are things that have no cost, but yet are filled with value. Being together and sharing adds to the enjoyment of all. Also, doing things in a group enables you to do much more than if you are by yourself. For example, let's say that you went up into the mountains for the weekend. You go up alone — what are you going to do? Well, you can go hiking, or swimming, or just lay around and get a tan. You can spend time with yourself and perhaps end up knowing a little more about you when you leave than when you came. But most of these things you could have done without ever having left your house.



Now, let's say that you spend the weekend with some friends. You'll be able to talk, to play games, to do a lot more than you could have by yourself. But the most important thing is that this time you will be able to share. What you see and do will be with people like yourself, people who understand more about life than a lot of people. In a group, you'll be able to relate, to share and to learn more about people and about yourself. When you come back from the mountains, you will be more relaxed and more in tune with the world.

It is a simple thing to share, to be with friends. In this complex world that we live in, it is important to do some simple things at times. Sharing, relating, and being with friends is perhaps the most important of all.

take the "new" out of nudism

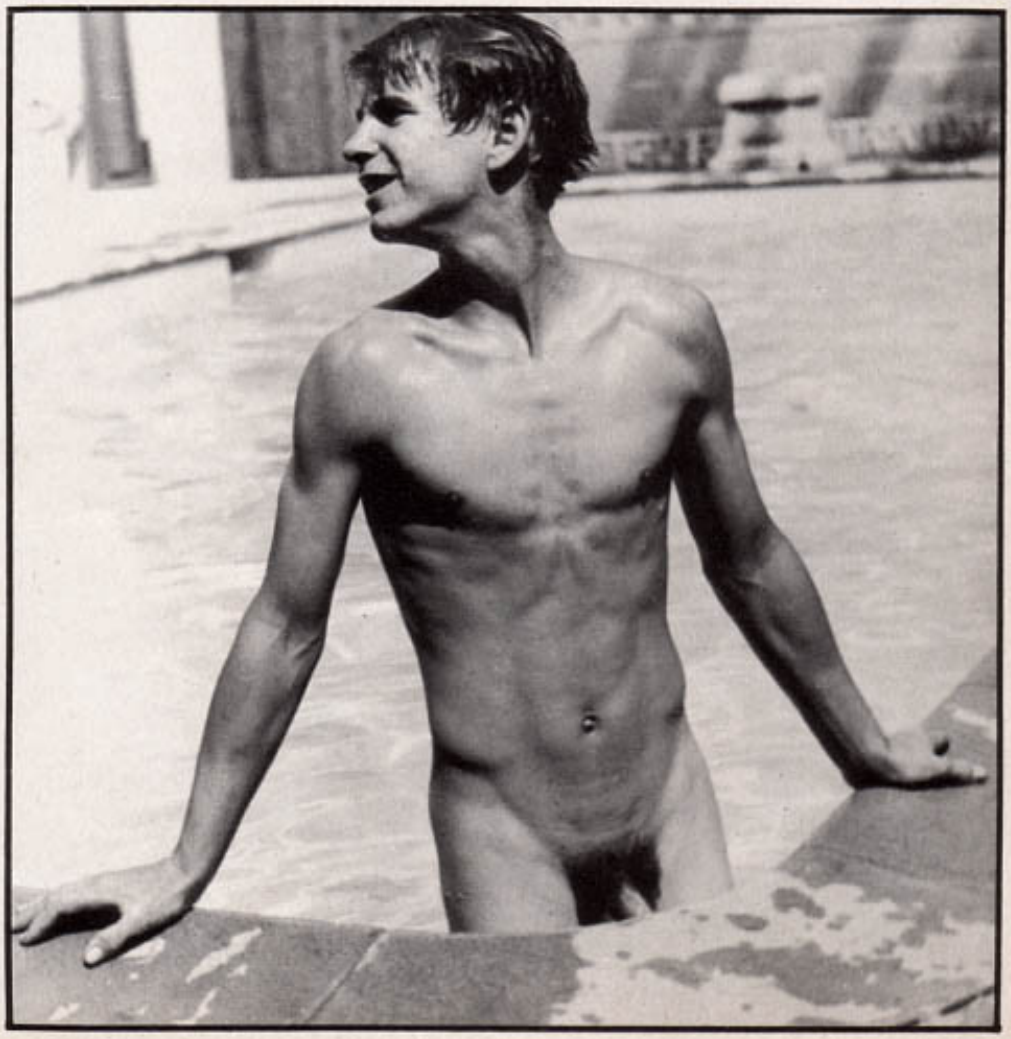
As man finally emerges from the straightlaced Victorian Era of dress, nudism emerges from its underground exile.

Whenever anything becomes popular, most people tend to think of it as being something new. That's how most people think of nudism — that it's a new idea. While it's only been in the last seventy-five years that nudism has become a way of thought in the United States, it is far from being a new idea.

Whether we call ourselves nudists or not, we all find ourselves without clothes from time to time. You will seldom find someone who hops into the bathtub wearing a bathing suit, and was there ever a child who was born wearing anything but his birthday suit?

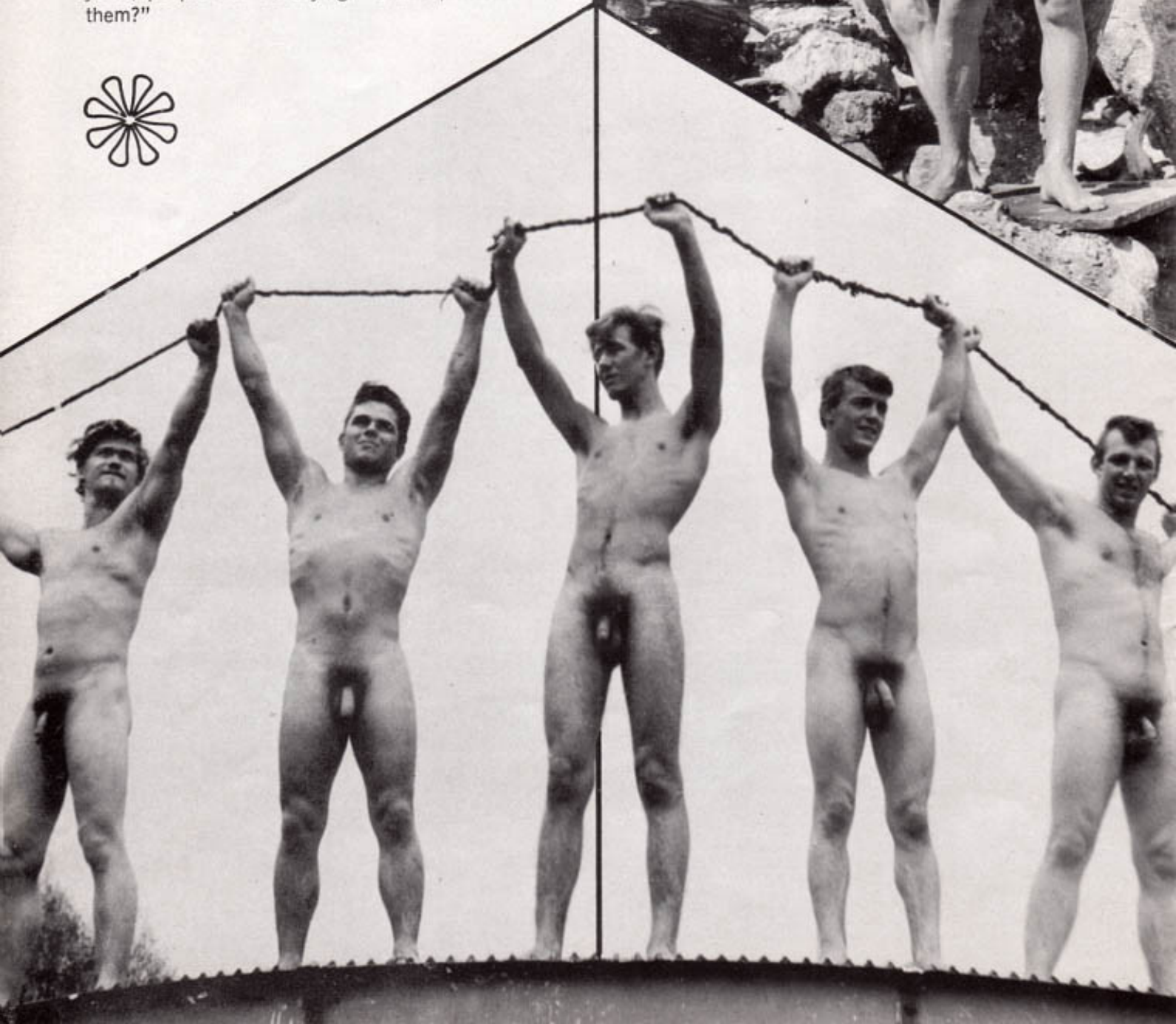
Still, did you ever stop to think where nudism started? Have you ever thought how old an idea that it may be?

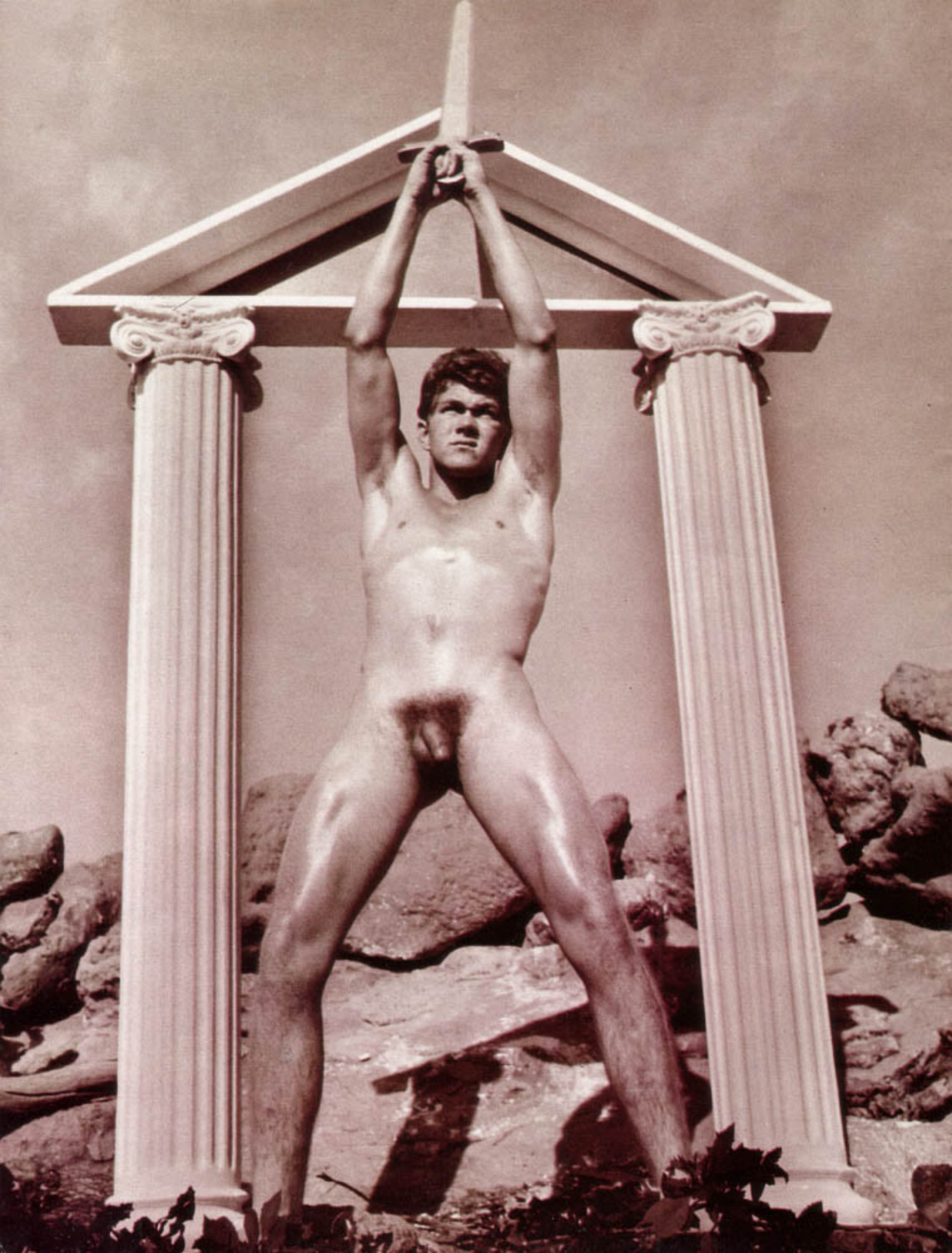
Man first wore clothing to protect himself from the elements. Uhga the Caveman didn't have a reason to be ashamed of his body; after all, it was a part of him. He wrapped himself up in animal hides, but it wasn't to hide himself from the other members of the tribe — but rather to keep him from getting too cold. The caveman had a simple and direct approach to his way of dressing: if he didn't need it, he didn't wear it.



By the time we get to the Victorian Age, we find that people were putting pants on the legs of tables so that there would be no nudity around. Armies of artists went around doing nothing but painting fig leaves on pictures. The British Army sweltered under the hot sun in full uniform while the local savage natives ran around in loincloths or less. The savages were much more natural and not nearly so stuffy as the "civilized" English.

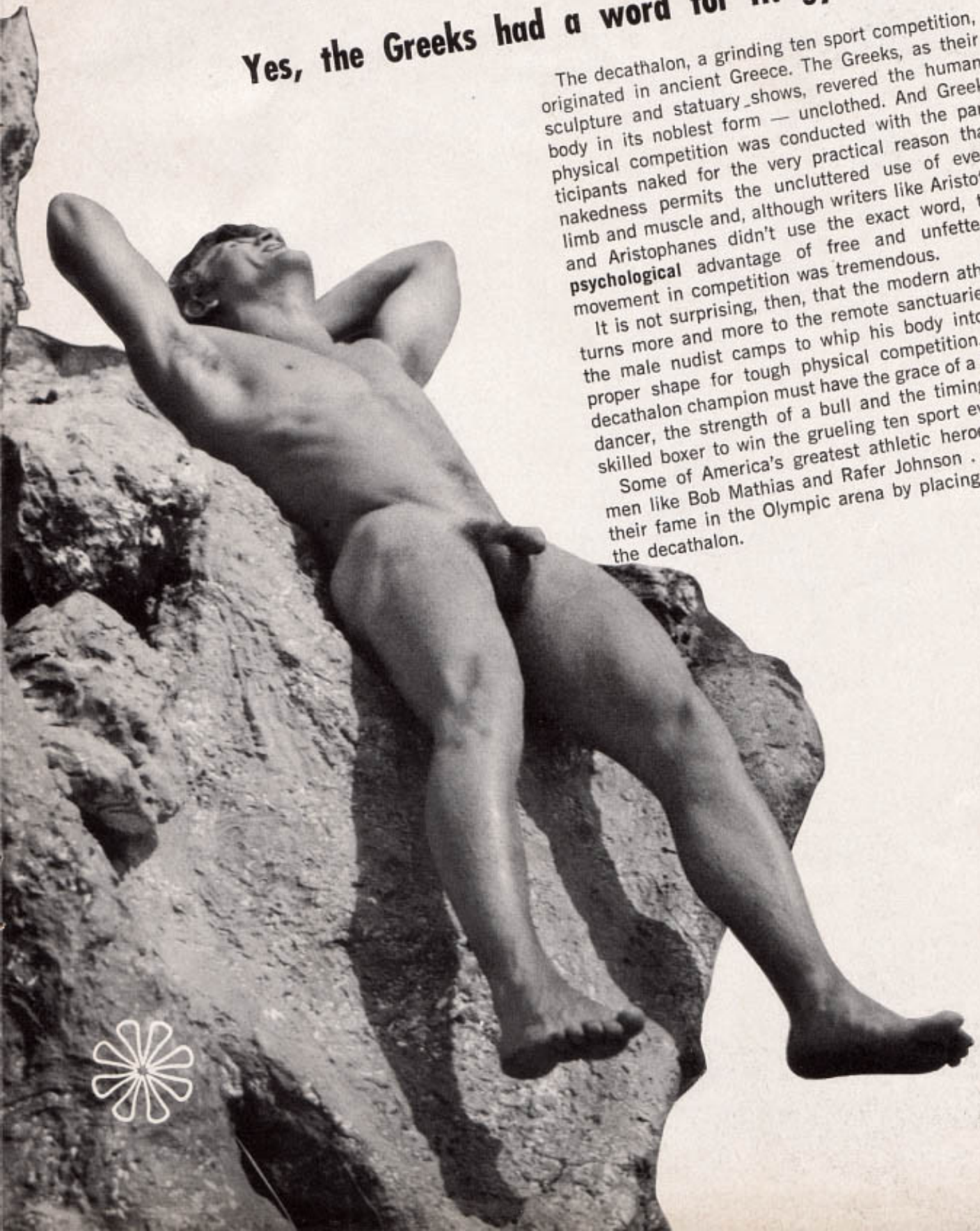
However, today we are finally getting away from the tightlaced concepts of the Victorian Era. Nudism is starting to emerge from the underground in which it hid for so long and more and more people are asking themselves why clothing has been such an important thing. People have started to take away the fabrics that wrap them up and are starting to look inside of themselves. The years of shame are ending and soon, perhaps even within the next ten years, people will be saying: "Clothes, who needs them?"





the greek way

Yes, the Greeks had a word for it: gymnos or naked.



The decathalon, a grinding ten sport competition, originated in ancient Greece. The Greeks, as their sculpture and statuary shows, revered the human body in its noblest form — unclothed. And Greek physical competition was conducted with the participants naked for the very practical reason that nakedness permits the uncluttered use of every limb and muscle and, although writers like Aristotle and Aristophanes didn't use the exact word, the **psychological** advantage of free and unfettered movement in competition was tremendous.

It is not surprising, then, that the modern athlete turns more and more to the remote sanctuaries of the male nudist camps to whip his body into the proper shape for tough physical competition. The decathalon champion must have the grace of a ballet dancer, the strength of a bull and the timing of a skilled boxer to win the grueling ten sport event.

Some of America's greatest athletic heroes . . . men like Bob Mathias and Rafer Johnson . . . won their fame in the Olympic arena by placing first in the decathalon.

The young man who wants to excel at any of the sports involved should have a quiet place to train where he will not be disturbed or distracted by the outside world. He should be free . . . emotionally and physically . . . from any restraint except the company of his fellow nudists. That's why many young athletes choose a male nudist camp or at least find some remote location where they and their young friends can practice the various decathalon position without interruption. And, of course, they get the benefit of the sunshine warming their bodies and the feeling of health that it brings.

And the other nudists at the camp, ordinary fellows who are simply there to take advantage of the naturally lifted spirits and feeling of companionship brought on by the sun's rays, like to watch the athletic hopefuls during their training exercises.

As the Greeks learned, the only way to set the tone of the arm and back muscles poised in graceful stance to throw the javelin is to practice with the body naked. The thrower can see himself and, equally importantly, other male nudists around him can suggest corrections to his posture to improve the force and thrust of his motion.

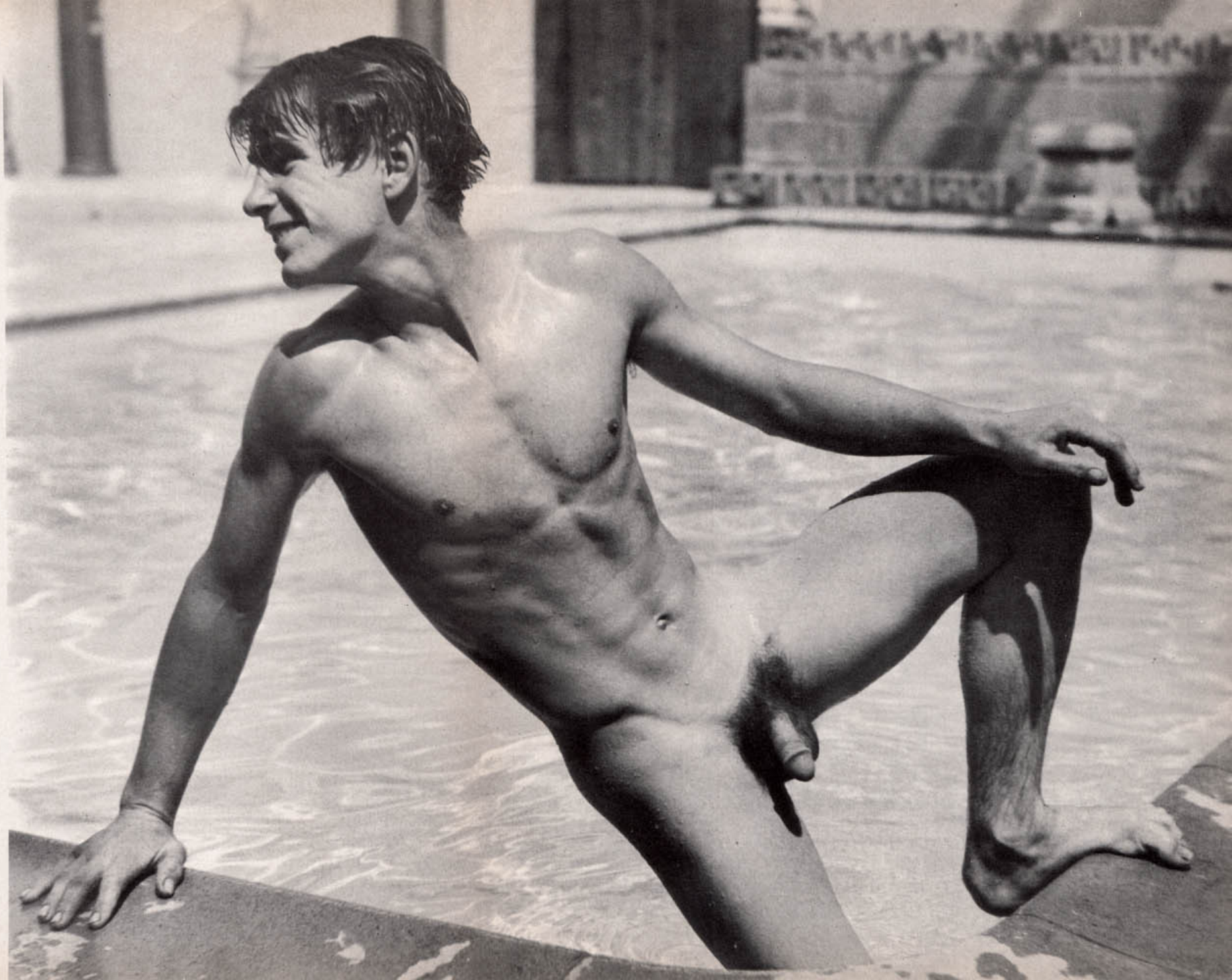
The shot-put, another decathalon sport, brings the arm, neck and stomach muscles into play as the whole body lurches forward to release the metal sphere at the right moment. The young man who practices this in the healthy environment of the open air and with the hot sunshine pouring down on his skin feels exhilirated and will go into competition with a much better physical and mental outlook.

The high hurdles, pole vault and broad jump all bring every part of the body into play and a hard run through the sun heated rocks does wonders to establish the proper body conditioning. The skin tingles as the muscles strain their hardest and, after a heavy workout, there is the satisfaction of simply sitting much as the ancient Greek athlete must have sat, listening to the criticisms . . . and compliments . . . of fellow nuidsts and feeling a healthy vigor surge through your body.

Then back to the clubhouse, a fast, rigorous workout with the weights . . . the clean-and-jerk and press positions to develop thigh, stomach and chest muscles . . . and a plain old-fashioned relaxing sun bath in the company of fellow nudists who enjoy real freedom under the sun.

The future decathalon champion, like his Greek forebearers, has found the secret of joy through competition when unhindered by clothing or society's normal restraints. "There is nothing so stimulating to the human character," the famous French writer LaRochefoucauld said, "as the close companionship of men of similar likes and opinions." Military men of Greece and Rome had discovered this long before when training armies with a high morale because of their feeling of belonging.

Yes, the Greeks finally had a word for it: **gymnos** or naked. Every sunny day more and more young men seek out modern nudist camps and discover that delightful pastime, nudism.



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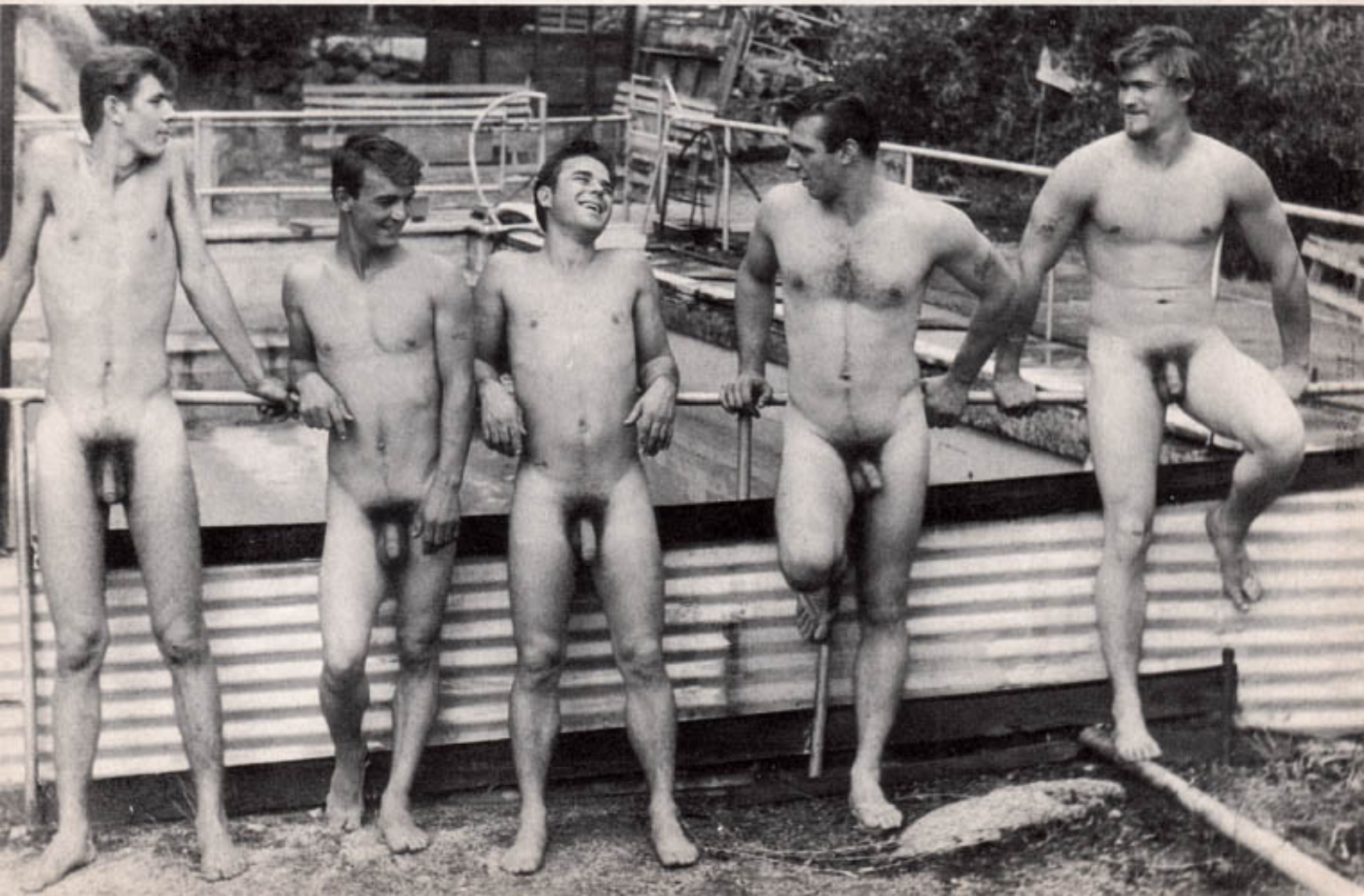

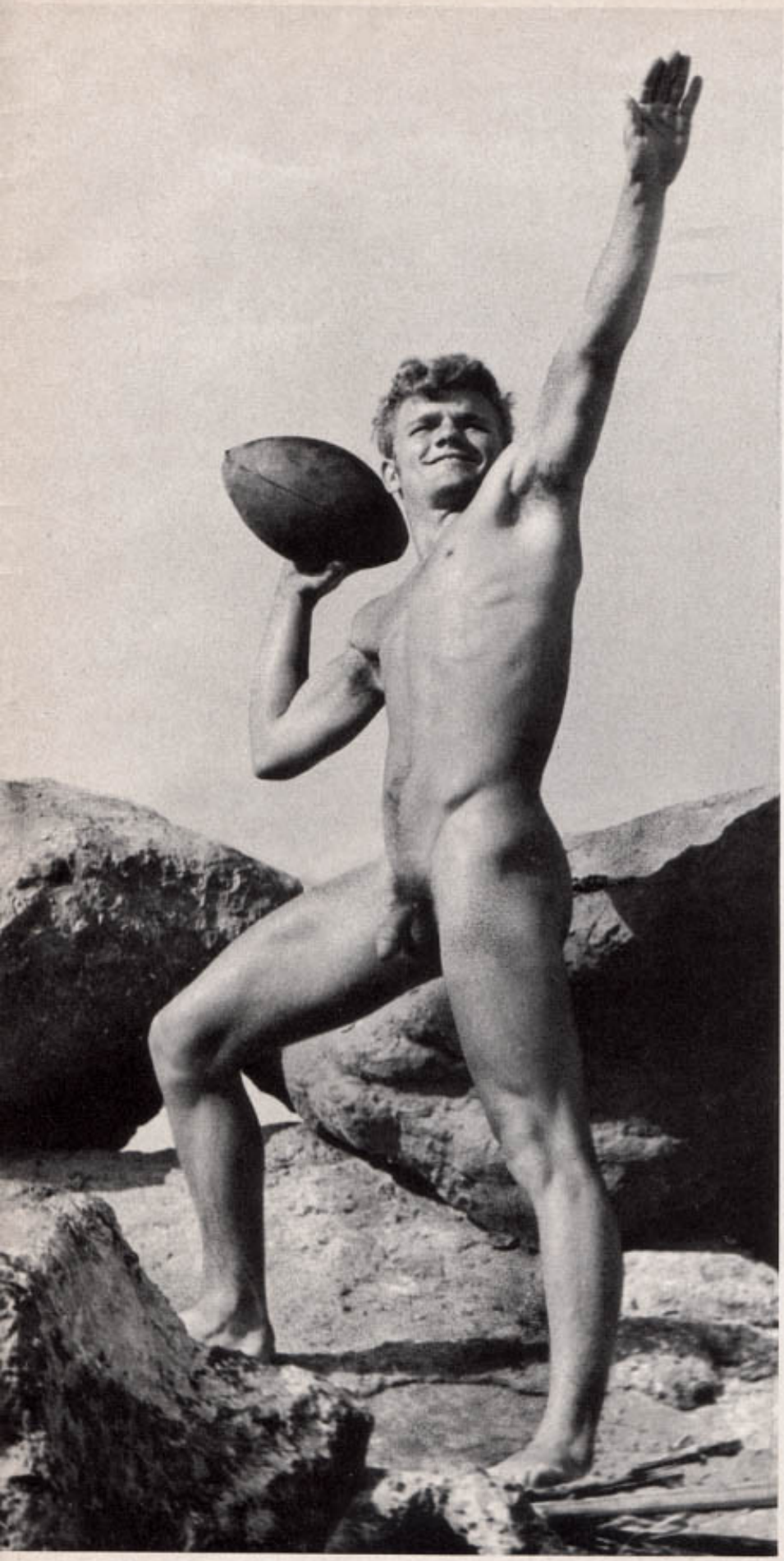

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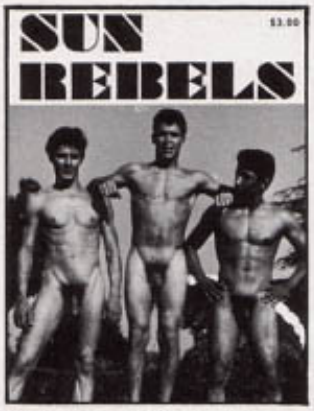

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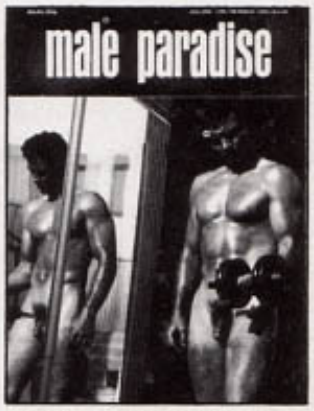

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